

# Learn to Swim at the Marlboro Swim Club



## SWIM LESSONS AVAILABLE

### Group Swim Lesson Description



The Marlboro Swim Club offers three 2-week sessions of group swim lessons. Lessons are taught on Monday, Tuesday, and Thursday of each week. (Friday is reserved for rain and holiday make-ups.) Swim lessons are open to swim club members only and will take place prior to opening time at 11AM. Group lessons will cost \$55 per child.

### Private Lesson Description

Private lessons are offered at any time during pool hours when an instructor is available. The cost is \$90 dollars for two 30 minute lessons. Please speak to a pool manager during pool hours to inquire about the scheduling of private lessons.

### Class Description

Session1: June 24- July 5// Session 2: July 8- July 18 // Session 3: July 22- August 1

**Pre-School Beginner** – This class is for children ages 3-5. This class will be taught in shallow water and focus on the basic aquatic skills which include: Supported kick on stomach and back, jumping in and front crawl arm movement.

**Level 1-** Skills taught include, floating on back, front glide, back glide, and jumping into chest deep water.

**Level 2-** Same as level 1 but with a higher level of skill work.

**Level 3-** Skills taught are rhythmic breathing, front crawl with side breathing, back crawl, treading water and diving from a kneeling position. (To qualify for Level 3 children must be able to jump into deep water and swim to the side unassisted.

To register please go to: [www.marlboro-nj.gov/signup](http://www.marlboro-nj.gov/signup)